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THIS IS NO RINKY-DINK COMPETITION: CANADIAN WOMEN'S CURLING CHAMPION RACHEL HOMAN EYES THE GRAND SLAM OF CURLING THIS WEEK IN TORONTO

PAGE 14

Bro-mancing the web

Lena Dunham's Girls meets an NYC frat house in Bros, a YouTube parody that looks at what happens when two stereotyped cultures collide PAGE 7

How does Iron Man get his iron?

A fitness expert reveals how Robert Downey Jr. buffed up for the upcoming Iron Man 3 PAGE 9

NEWS WORTH SHARING.

Londoners shaken by explosions

Boston Marathon. Local runners and families express relief at escaping harm as at least 3 die in blasts

MARK SPOWART & DAVE DE VRIES
london@metronews.ca

It took nine years for London's D.J. DeJesus to earn a spot in the Boston Marathon.

The race is one he and his family will likely never forget.

DeJesus' voice shook on Monday as he described the chaos that unfolded after two explosions rocked Boylston Street in downtown Boston, shattering window panes as high as three storeys and sending smoke billowing as runners crossed the finish line.

At least three people were killed and more than 100 were injured. The explosions happened about four hours into the race and two hours after the men's winner crossed the line. By that point, more than 17,000 of the roughly 23,000 runners had finished the race, but thousands of others were farther back along the course.

Close call

"I think I will wake up tomorrow morning and realize just how much more blessed I really am."

D.J. DeJesus, a Londoner who ran Monday's Boston Marathon

The four-hour mark is typically a highly crowded time near the finish line — both because of the slow-but-steady recreational runners likely to be completing the race and because of all the relatives and friends clustered around to cheer them on.

"There's lots of carnage and panic," DeJesus said.

One of at least 33 registered competitors from London, he finished the race shortly before the first blast. He and his family were more than a block away when the explosions went off, and their attention was drawn back to the finish line by ambulances and emergency workers rushing to the scene.

Had he been five minutes slower, his family would have been in the danger zone, waiting for him to cross the line, DeJesus said.

"It is a lot for me to absorb. They would have been right there," he said. "Where do we go from here? I thought this would have been a safe family vacation."

London native Lori Wilson echoed many of those thoughts. She was three blocks from the explosions and heard both — the first near at the finish line and the second a short distance away.

For her, it was a matter of minutes and a split-second decision that made all the difference.

Wilson, who now lives in Victoria, was standing at the finish line, watching some of the first runners cross and waiting for her partner to take his final strides.

Then, she decided to move.

"Someone told me the 10-mile mark was a good place to watch as well, so I decided to move to that location," she said. "It is a bit weird seeing the finish line now.

"I am really glad I didn't stick around."

Read more about the Boston Marathon explosions on page 4.

Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line.

JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

London psychiatrist facing 43 charges

Police say a London psychiatrist filmed "inappropriate" physical examinations of more than a dozen women without their knowledge.

Stanley Dobrowolski, originally charged in November with sexual assault and one count of voyeurism, now faces 43 charges, including producing child pornography and child exploitation. One of his victims, police say, was a 17-year-old girl.

Stanley Dobrowolski
TORSTAR NEWS SERVICE FILE

The charges stem from Dobrowolski's contact with 20 women, more than the number who came forward with allegations, London police Det. Insp. Kevin Heslop said.

"There are certainly more women involved than the ones that have provided statements and are prepared to go to court," he said.

The crimes are believed to have happened between 2005 and 2011. In January, London police notified the public they had served a search warrant at the College of Physicians and Surgeons of Ontario's offices in Toronto. The college had previously seized computers and electronic-storage devices from Dobrowolski's practice.

At that time, police knew of only seven victims but more came forward.

Records on the college's website show that Dobrowolski's medical license, which was issued in 1984, has been suspended since Oct. 12.

JOHN MATISZ/METRO

Savour the warmth: Environment Canada

Forecast. Mother Nature to turn back thermostat by week's end, meteorologist says

DAVID DE VRIES
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Sunshine, blue skies and a high of 19 C. You'd almost have thought Monday was the first of spring in London.

Enjoy it while you can, says Environment Canada meteorologist Geoff Coulson.

Spring can be a tricky, unpredictable season — something Mother Nature intends to prove this week.

While daytime highs will hover around 15 C all week, it's the sunny skies that are in question.

Rain's expected to move in overnight and hang around until noon Tuesday. After that, clouds will linger for the rest of the day. Rain's in the forecast again for Thursday and Friday.

Just in time for the weekend, cooler than average temperatures will roll back into London.

A high of 5 C is predicted for Saturday with, you guessed it, more rain. The thermometer's expected to hit 8 C on Sunday.

It will be some time, Coulson said, before the Forest City settles into its typical spring routine of highs hitting about 13 C day in and day out.

At a glance

- The average London high so far in April comes in at about 7 C.
- That compares to about 11 C through April 14 of last year.

Christina Zhu, 28, of London, catches some outdoor time with her son, Micah Wang, Monday, in Ivey Park. Parks were hot spots during the afternoon as the weather began to warm. MARK SPOWART/FOR METRO

People can expect those average highs to hang around for good about the first week of May, he said.

Crash. Pedestrian trapped by falling street lamp dies of injuries, police say

A London man died early Monday of injuries sustained from being pinned under a streetlight in a Friday crash, police said.

Santino Ayom, 41, was walking near Adelaide Street North and Oxford Street East when he was knocked to the ground by a falling utility pole. The pole fell after being hit by a SUV that careened out of control during a two-vehicle crash, police said.

A second pedestrian injured in the incident is listed in critical condition in hospital, police said. A third pedestrian and the driver of one of the vehicles were taken to hospital with injuries that are not believed to be life-threatening. METRO

Info sought

- Police are looking for tips about the Friday car crash that sent four people to hospital.
- Information can be reported to 519-661-5680 or Crime Stoppers, 800-222-TIPS (8477).

NBL champs. London Lightning announce deets for victory party

Londoners will be able to officially welcome the 2013 National Basketball League of Canada champions back to town on Tuesday.

The London Lightning will be honoured at 4:30 p.m. in city hall. Fans are invited to greet players as they arrive.

Two hours later, Budweiser Gardens will open its door for a community celebration. Players will be introduced to the crowd and pose for a group photo with fans. Admission is free.

The Lightning won the NBL title for a second straight year on Friday, defeating the Summerside Storm 3-1 in the championship series.

JOHN MATISZ/METRO

If you go

- The Budweiser Gardens community celebration with the London Lightning starts at 7 p.m.
- A team photo with players is slated for 7:30 p.m.

Memorial Cup. London's bid a 'slam dunk': Expert

Similar to the on-ice landscape during the OHL playoffs, the London Knights appear to be the team to beat as three organizations battle for 2014 Memorial Cup hosting duties.

The Knights, along with the Windsor Spitfires and Barrie Colts, are slated to formally present bids to a site-selection committee on Wednesday. A winner will be announced in early May.

Neate Sager, full-time junior hockey blogger at Yahoo! Sports, considers London the "frontrunner" in the race.

"London is a slam dunk as far as hotel accommodations, having that quasi-major city (feel), having a pretty good team," said Sager, rhyming off three main pillars of a successful bid.

If anything's working against London, it's how soon is too soon. The city hosted the CHL championships in 2005.

The Colts, sure to be the Knights' strongest competition, also stand a fair chance at earning the gig.

Sager calls Barrie the "good student" of the bid class, mainly because they've pitched in the past, lost and have never thrown a fit afterward.

While the Colts are set to lose key players at season's end — dominant forward Mark Scheifele and star goalie Mathias Niederberger, for starters — they will still return a solid squad, something that's considered a big plus for any bid.

Their venue and surrounding amenities will also work in their favour, Sager said.

Windsor, the undoubted dark horse, is another story.

The franchise missed the playoffs this year, was fined last summer for violating player recruitment rules, and has had several recent public-relations nightmares, Sager pointed out.

Then, there's London, likely to walk into the room Wednesday with some swagger in tow.

"Why shouldn't we win it?" Knights governor Trevor Whiffen asked rhetorically on Monday.

Joining Whiffen for the Knight's presentation will be team general manager Mark Hunter, Budweiser Gardens general manager Brian Ohl, Tourism London general manager John Winston and Joe O'Neill, the director of administration/finance for the 2005 Memorial Cup.

JOHN MATISZ/METRO

OPP. Police poised, ready to nab distracted drivers

The Ontario Provincial Police will be on the lookout this week for drivers who have let their attention wander away from the road.

Officers launched a distracted driving campaign Monday, asking people to consider it the first day of a life-long commitment to nixing handheld devices while behind the wheel.

Fiddling with cellphones and similar devices is one of the top four dangerous moves made by drivers, the OPP says.

Officers laid close to 16,000 distracted-driving charges last year. METRO

April 26. Conservation area to welcome campers

The Fanshawe Conservation Area will open its park and 563 campsites at 8 a.m. April 26. Returning campers can expect to see some improvements to popular park features.

Officials at the Upper Thames River Conservation Authority, which manages the park, say the swimming pool and trail markers were upgraded during the off season.

Along with camping, the conservation area, located on Clarke Road, has a lake for boating, sailing and fishing along with 30 kilometres of hiking and biking trails. METRO

On the web

The conservation area already has a packed summer and fall schedule. Visit fanshawe conservationarea.ca for a full listing.

$275M. Auditor general tallies cost of cancelled gas plant

The decision by Ontario's Liberal government to scrap a partially-built gas plant in Mississauga, just days before the 2011 election, will cost at least $275 million, $85 million more than estimated, Auditor General Jim McCarter reported Monday.

McCarter's special investigation found the costs of cancelling the 280-megawatt generating station and relocating it to the Sarnia area were about $351 million, but said the province will save about $76 million by not having to buy the cancelled plant's electricity.

Former London-West MPP and Energy Minister Chris Bentley took much of the fall for the Grits' decision. He resigned his seat in February.

THE CANADIAN PRESS

Another gas plant probe

The auditor general has also been asked to investigate the Liberals' decision to cancel a gas plant in Oakville in 2010. A report is expected this summer.

Random acts of positive reinforcement

Kevin Gardner of London was randomly chosen Monday to receive a free coffee mug and voucher after city staff caught him in the act of tossing trash into a receptacle at Richmond and Dundas streets. Bylaw enforcement officer Laura Queenan, seen here with Gardner, and others were handing out goodies as they launched a litter-awareness campaign dubbed Project C.L.E.A.N. The initiative will include blitzes during which officers will dole out $140 fines to people caught littering. DAVE DE VRIES/FOR METRO

Chemo lawsuit catching interest

Class action. Nearly 400 names on list of those pursuing legal action

MARK SPOWART
london@metronews.ca

The class-action lawsuit being filed on behalf of cancer patients who received watered-down chemotherapy drugs is gaining momentum.

About 360 people have signed onto the suit, about a third of those who reportedly received the medicine, Siskinds lawyer Matthew Baer said Monday.

The London firm, in conjunction with lawyers in Windsor, announced the legal action April 3 as Marchese Hospital Solutions came under fire for adding too much saline to bags of medication.

Mississauga-based Marchese was contracted to prepare the medicine for five hospitals, including London Health Sciences Centre. More than 1,200 cancer patients, including 691 receiving treatment at the London Regional Cancer Program, are believed to have been given the drugs.

Marchese has been given notice of the pending legal action.

In a statement posted on its website, the company refutes reports the medicine was "defective," saying it's "confident" the drugs met all "contract requirements."

The company has not responded to interview requests.

"These types of cases can take four to six years, at a minimum it will take a couple of years, and I have seen them take 15 years," Baer said about the lawsuit. "At any point, the case could be settled. You just never know."

Other affected hospitals

Along with London Health Sciences Centre, three other Ontario hospitals were using diluted chemotherapy medicine supplied by Marchese.

- The hospitals are in Windsor, Peterborough and Oshawa.
- A New Brunswick hospital was also using the drugs.

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Blood on the pavement

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 130 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

A senior U.S. intelligence official said two other bombs were found near the end of the 42-kilometre course in what appeared to be a well-co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody. Authorities said there was no immediate claim of responsibility.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gruesome scene inside a medical tent, but "they saw a lot."

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away from the finish line and around the same time, a fire broke out at the John F. Kennedy presidential library. The police commissioner said it may have been caused by an incendiary device but didn't appear to be related to the bombings.

At Massachusetts General Hospital, Alasdair Conn, chief of emergency services, said: "This is something I've never seen in my 25 years here. ... This is what we expect from war." THE ASSOCIATED PRESS

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Centre received 20 patients, including two children.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Emergency workers on site for the marathon scrambled to help the injured. DAVID L. RYAN, THE BOSTON GLOBE/THE ASSOCIATED PRESS

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Tories slammed for misleading attack ads

Pundits and pollsters weren't the only ones predicting weeks ago that Justin Trudeau was a shoo-in for the Liberal leadership — so too, it would appear, were the Conservatives.

The website that's home to the widely anticipated Conservative attack campaign against Trudeau was registered March 22, three weeks before Sunday's vote.

By Monday, the site — justinoverhishead.com — included three separate attack ads, links to a related Facebook page and a Tory fundraising pitch.

The ads began appearing on television within hours of the Sunday night announcement that Trudeau had won the leadership; by mid-day Monday, thousands more people had seen them online.

But just as the web giveth, it taketh away: as soon as the Tories posted the ads casting doubt on Trudeau's judgment and experience, fact-checkers were picking them apart.

The ads show footage taken from a 2011 bachelor-auction fundraiser in which Trudeau is seen dancing on a stage and suggestively removing his shirt.

The images were traced back to a fundraiser for the Canadian Liver Foundation.

"We expected attacks, but we didn't expect even them to attack (Trudeau) for raising money for cancer research," Gerald Butts, one of Trudeau's chief advisers, wrote on Twitter.

An ad about Quebec uses clips from an interview Trudeau gave to CTV in 1999.

"Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.

The full CTV segment, a link to which quickly circulated online, suggests Trudeau was actually talking about his father.

"His philosophy, certainly as he passed it on to us, has always been, you know, Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," Trudeau says in the segment. THE CANADIAN PRESS

Justin Trudeau won the federal Liberal leadership race by a landslide. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau's response

On Monday, Trudeau called the ads awkward and a source of bemusement.

- **Silver lining.** He hopes the footage from the Canadian Liver Foundation fundraiser will generate attention for the charity.
- **Expected.** He said that, because he's been in the public eye since childhood, there's likely plenty in his history his opponents will try to use against him.

U.S. Supreme Court wary of gene patenting

Medical research. Company argues DNA they isolated is 'markedly different' from that found in the body

Quoted

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor. There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate-chip cookies, baseball bats and Amazonian jungle plants.

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple life-saving research.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kind of medical maladies wouldn't happen.

THE ASSOCIATED PRESS

Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who, with his orchestra, famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum. MATT CARDY/GETTY IMAGES

Samsung. Galaxy S4 to hit Canada at month's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about $200 on a three-year contract or $700 without a contract, should get it by the end of the month. The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen. THE CANADIAN PRESS

Slow, but steady. Home resales up from last month, down from 2012

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported Monday that existing home sales in the 26 municipal markets it tracks rose a seasonally-adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year.

That's an indication that Finance Minister Jim Flaherty's actions of last summer to tighten mortgage lending, along with home-buying fatigue, are exerting a drag on the market.

But fears that housing was due for a sharp correction remain unrealized as more than half of the local markets saw greater activity, and average home prices — while subject to regional variations — on average rose 2.5 per cent from a year earlier to $378,532.

THE CANADIAN PRESS

New York City

Simon & Schuster to offer ebooks to libraries

The publisher of Stephen King, Bob Woodward and other top-selling authors has changed its policy of withholding ebooks from libraries. Simon & Schuster announced a one-year pilot program with three New York City library systems that cover the city's five boroughs. Simon & Schuster had been the last of the "Big Six" to keep its entire e-catalogue off-limits to libraries. THE ASSOCIATED PRESS

Advocacy group

Internet Society opens in Canada

A Canadian chapter of the Internet Society, which advocates on digital issues, is officially open for membership. Canada is the last G20 nation to have a national branch within its borders. The group said it will involve itself with issues including net neutrality, rural accessibility, service-provider concentration, and cross-ownership of content providers by Internet carriers. THE CANADIAN PRESS

Arctic foothold

China, Iceland sign free-trade pact

China and Iceland signed a free-trade agreement Monday, offering hope to the small North Atlantic country for its recession-battered economy and giving Beijing a leg up in its drive for expanded influence in the Arctic. The China-Iceland free-trade pact will lower tariffs on a range of goods and is expected to boost seafood and other exports from the remote Nordic state to the world's second-largest economy.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.52¢ (-1.12¢)

TSX 12,004.88 (-332.71)

OIL $88.71 US (-$2.58)

GOLD $1,361.10 US (-$140.30)

Natural gas: $4.14 US (-9¢)
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3RD WHEEL'S UNEXPECTED CHARMS

SHE SAYS

Jessica Napier
metronews.ca

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure; you'll want to let go any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, you know what, I'm just not going to do it at all. And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write: 'I am living,' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now. Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain food podcasts on iTunes.

GREG WESTFALL/FLICKR

99% Invisible :
A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects :
A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :
It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

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DVD reviews

Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

Manborg

Director. Steven Kostanski

Stars. Matthew Kennedy, Adam Brooks, Meredith Sweeney

This energizing Canuck homage to 1980s sci-fi horror action movies is set in a post-apocalyptic Earth ruled by a demonic Count Draculon and his Nazi vampire stooges. It's the heart-ripping saga of a not-so-super soldier seeking vengeance. Cyborg machinery is grafted onto his reanimated corpse after he dies on the field of battle. Recalling every sci-fi action flick from RoboCop to Mad Max and all the way back to Flash Gordon, it's a marvel of DIY makeup, costuming and special effects.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

"You look like you skinned a mermaid," a bro exclaims. "And you took her skin, and fashioned it into a crude shirt."

"You haven't been over there. It's different," the bro-turned-hipster responds of Williamsburg.

"You don't even have lenses in your glasses," another bro rebuts, still in utter shock.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music. Sure, they run into bumps along the way, like being denied a Long Island Iced Tea from the bartender because it is a "stupid drink." Moments like that are reflections of DiMieri's real-life memories from his time in a Williamsburg apartment he shared with three girls.

"The stuff I was writing about, I sort of based on real-life experience," he said. "I definitely lived a similar lifestyle with the Pickleback shots and PBR. There is some truth to the stereotypes, but we really went over the top and made it cartoonish."

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

And the people behind the show itself have already taken notice of Bros. The official Twitter account for Girls started following DiMieri.

"That was a big deal because it was like, 'OK, the people at HBO are watching this,'" DiMieri said.

"I think Lena Dunham and I could probably collaborate and write a really hilarious episode, maybe about bringing the girls to a frat party."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

Art imitates life

"The stuff I was writing about, I sort of based on real-life experience. I definitely lived a similar lifestyle with the Pickleback shots and PBR."

Bros creator Anthony DiMieri

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."

Ellen DeGeneres and Portia de Rossi

Twitter

@ElizabethBanks
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

@AlbertBrooks
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

@mindykaling
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

Kevin Hart ALL PHOTOS GETTY IMAGES

Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."

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e one

Lindsay Lohan

Rocking out before facing the music

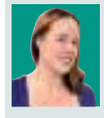
Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year-old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for "a healthy, fun time at Coachella" before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon's relationship gone off rails?



THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

His workout gloves are cooler than yours. MARVEL

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

A couple of Iron Man exercises

Sandbag throws

Using the handles that are closest to the middle of an Alpha Strong bag, squat down and grab the handles. Press up with the legs moving from a squat position to where the bag is hanging at your waist. Do 8 to 12 times and 3 to 4 sets.

Bandbell bench press

Using a bandbell bar you are doing a bench press. The key to this exercise is having a bandbell bar, rubber bands about 12 inches long and kettlebells. Do 8 to 12 reps and 3 to 4 sets.

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Skinny panini: Clubhouse starring chicken and prosciutto

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

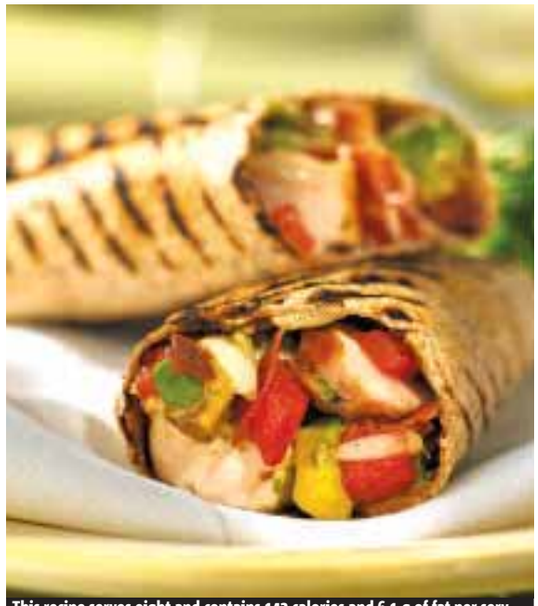
2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dinner. Herb-Brined Walnut-Crusted Chicken

1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest. Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

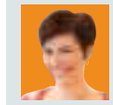
5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Health Solutions

Of underrated watercress



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties.

Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

How a stay-at-home mom found her sanity while Lost in Suburbia

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

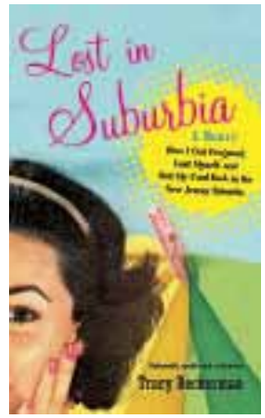
How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At- Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO



Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

From men hungry to monogamy

Books. Ophira Eisenberg's rollicking new memoir details how jumping from one guy to another helped her say "yes" to marriage

DOROTHY ROBINSON
Metro World News in New York City

Ophira Eisenberg is a stand-up comedian, writer and host of NPR's new weekly trivia show, Ask Me Another. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy. "I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, Screw Everyone.

What does NPR think about an employee writing a book about sleeping around?

I'm certain almost everyone at NPR has had sex, so they are OK with it. Almost everyone.

Your story has a happy ending — a nice marriage — but do you have any regrets from your stay in Trollopville?

Nope. In hindsight I'm glad I let myself go for it. ... I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then.

Thank God I can laugh at myself now.

Why are so many comedians terrible in the sack? Not that we're asking from experience or anything like that.

Of course — it's a friend of a friend who wants to know, right?

I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.

Jump on the fin lit bandwagon

YOUR MONEY
Alison Griffiths
money@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

The way we handle money also affects the people around us. ISTOCK IMAGES

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

On the web

Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

- **For a sneak peak at Money Moron, visit metronews.ca**

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Boston Marathon bombings

Fan experience sure to change after explosions

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come, the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACKS IN BOSTON.

Crosby dips his feet back onto frozen water

Penguins Sidney Crosby, left, and James Neal take a break from a skate on Monday at Consol Energy Center in Pittsburgh. Coach Dan Bylsma said there is no timetable for Crosby's return, but called it a positive step for the NHL's leading scorer. "I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." CHAZ PALLA/THE ASSOCIATED PRESS

No surgery for Reyes, just lengthy stay on DL

MLB. Blue Jays GM says star shortstop will still need 3 months of rehab after spraining ankle

Toronto Blue Jays shortstop Jose Reyes won't need surgery on his sprained left ankle, but is still expected to miss three months, general manager Alex Anthopoulos said.

Reyes visited a specialist in Charlotte, N.C., on Monday who confirmed the diagnosis of a severely sprained ankle. Reyes was injured when he slid awkwardly into second base in Friday's game at Kansas City.

Anthopoulos said Reyes will be in a cast for two weeks and then in a walking boot for an additional two weeks, meaning he won't be ready to begin rehab activity for at least a month.

Reyes was placed on the 15-day disabled list Saturday. The Blue Jays called up shortstop Munenori Kawasaki from triple-A Buffalo to replace him on the roster.

Reyes was acquired from the Miami Marlins in a 12-player trade last November. The four-time all-star is batting .395 with one homer and five RBIs this season.

Also Monday, Blue Jays slugger Jose Bautista was not in the starting lineup for the opener of a four-game series against the visiting Chicago White Sox.

Bautista is fighting a cold and is resting a sore back. Anthopoulos said the veteran right-fielder will likely return to the lineup Tuesday night.

THE CANADIAN PRESS

Jose Reyes watches the Jays game against the Royals on Saturday in Kansas City. GETTY IMAGES

Sox celebrations muted after marathon

Red Sox Jonny Gomes, left, and Jacoby Ellsbury, right, look on during the national anthem prior their game against the Tampa Bay Rays at Fenway Park on Monday. All uniformed team members wore jersey number 42 in honour of Jackie Robinson Day. ALEX TRAUTWIG/GETTY IMAGES

The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning game.

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that, about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where the teams were getting ready to leave.

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

Bruins game called off

The NHL postponed Monday night's Boston Bruins game against the Ottawa Senators at TD Garden because of the Boston Marathon bombings.

- No makeup date was scheduled.

4 SPORTS

Tambellini fired, MacTavish hired

Edmonton Oilers's new senior vice-president Scott Howson, left, new general manager Craig MacTavish and team president Kevin Lowe arrive for a press conference in Edmonton on Monday. JASON FRANSON/THE CANADIAN PRESS

NHL. Struggling Oilers shake things up at their general manager post

The Edmonton Oilers fired general manager Steve Tambellini Monday, saying the window of opportunity is short with their young guns and that Tambellini wasn't getting it done.

Tambellini, in his fifth season as GM, was replaced by former Oiler coach and vice-president Craig MacTavish.

"I'm an impatient guy," MacTavish told a news conference at Rexall Place, sitting beside Kevin Lowe, the Oilers' president of hockey operations.

"We're at the stage in terms of the cycle of our hockey club right now that we have to do some bold things. We have to expose ourselves to some semblance of risk to try and move the team forward in a rapid fashion," said MacTavish.

"We've got primary pieces here but we've got to add some depth to help these young players."

On the outside looking in

8

The 12th-place Oilers (16-18-7) were eight points behind the eighth-place Detroit Red Wings for the Western Conference's final playoff spot heading into Monday.

MacTavish was the Oilers coach from 2001 to 2008, then left hockey to acquire an MBA at Queen's University. He returned to the Oilers last summer as the senior vice-president of hockey operations.

With Lowe and MacTavish at the podium was former Oilers assistant GM Scott Howson.

Howson was recently fired in February as GM of the Columbus Blue Jackets and now takes over MacTavish's old role as senior vice-president of hockey operations.

Tambellini was not at the news conference.

The announcement came after the Oilers were expected to compete for a playoff spot in the lockout-shortened 2013 NHL season, but instead are all but mathematically eliminated from the post-season.

Heading into NHL action Monday night, the Oilers were 12th in the Western Conference standings with a 16-18-7 record, eight points behind eighth-place Detroit.

"I for one really had hoped that we'd be a little more advanced than we are now," said Lowe.

"And because careers are short and opportunities for achievement don't come along very often, we feel strongly that it is important that we make some changes right now." THE CANADIAN PRESS

Quoted

"Losing five in a row, how we lost, where we are — all those things go into the decision."

Kevin Lowe, Edmonton Oilers' president of hockey operations on firing Steve Tambellini.

Criminal code. Endorsing combat sports doesn't promote good health: CMA

The president of the Canadian Medical Association is warning MPs about the dangers of legitimizing mixed martial arts bouts.

Dr. Anna Reid is appearing before the Commons justice committee, which is studying legislation that would bring combat sports, including mixed martial arts, under supervision and regulation.

The bill would update the 80-year-old Criminal Code section dealing with prize fights.

Combat sports are currently in a sort of legal limbo in that they technically may be illegal under the law, but are condoned.

Combat sports technically may be illegal under Canadian law, but are condoned. GETTY IMAGES FILE

Supporters of the bill say it will promote safer practices in mixed martial arts, a popular — if often bloody — contest.

Reid says this kind of combat fighting is dangerous and often produces serious head injuries.

The association's general council voted in 2010 for a ban on mixed martial arts prize fighting matches.

The present legislation passed the Senate with broad support and a similar bill had strong support on the Commons before it died due to prorogation.

Reid says the doctors don't oppose combat sports such as judo and karate.

"However, cage fighting, like boxing, is distinct from many other sports, in that the basic intent of the fighter is to cause harm in order to incapacitate his or her opponent," she said.

"And an activity in which the overriding goal is to pummel one's opponent into submission does not promote good health." THE CANADIAN PRESS

Tennis

Raonic notches first clay-court win in a breeze

Canadian Milos Raonic began his French Open run-up with a convincing 6-1, 6-4 defeat of Julien Benneteau on Monday to reach the second round of the Monte Carlo Masters.

Raonic's first clay-court win this season took just 72 minutes and came a week after his heroics in Canada's Davis Cup victory over Italy. The French Open, the only tennis Grand Slam played on clay, is slated to begin next month at Roland Garros.

"I did a lot of things well, especially only having a limited amount of preparation before here," Raonic said. "Davis Cup was a very good thing, but it was also very draining. It took a lot of energy to get through that weekend.

"So I was very happy with how I was able to prepare and play today. I came here feeling really good, especially playing as well as I did in Davis Cup."

The native of Thornhill, Ont., will next face Jarkko Nieminen, who thrashed Viktor Troicki 6-1, 6-2. THE CANADIAN PRESS

Homan eyes Grand Slam of Curling sweep

National women's curling champion Rachel Homan can wrap up her breakout season in style this week at The Players' Championship.

She can complete a sweep of the Grand Slam of Curling events with a victory in Toronto.

Homan is one of the headliners in a deep 15-team women's field. The strong men's draw also boasts 15 teams, including world champion Niklas Edin of Sweden and Tim Hortons Brier champion Brad Jacobs of Sault Ste. Marie.

Homan's rink has been dominant this season.

The Ottawa skip owns top spot on the Canadian Team Ranking System list. She won her first Scotties Tournament of Hearts title in Kingston a couple months ago and then added a bronze medal in her world women's championship debut in Riga, Latvia.

Lisa Weagle, who plays lead for Homan's team, said the rink is hoping to build off its recent success.

"I think any kind of world experience is good for our team," Weagle said in a recent interview. "What it has really shown to us is that we can compete with the best teams in the world.

"It was a confidence booster for sure."

Coming off a bronze-medal performance at the world women's championship, Rachel Homan will headline The Players' Championship. GETTY IMAGES FILE

The Players' Championship

Round-robin play begins Tuesday night and continues through Friday. The playoff games are set for Saturday and the finals are scheduled for Sunday.

A combined event purse of $200,000 is on the line at this week's bonspiel. An additional Grand Slam combined bonus of $200,000 will also be awarded.

Canadian teams are also fighting for berths in the Olympic trials and pre-trial competition. The CTRS standings — used to determine qualification into both events — will be finalized after the The Players' Championship. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

♉ Taurus
April 21 - May 21
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

♊ Gemini
May 22 - June 21
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

♋ Cancer
June 22 - July 23
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

♌ Leo
July 24 - Aug. 23
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

♍ Virgo
Aug. 24 - Sept. 23
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

♎ Libra
Sept. 24 - Oct. 23
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

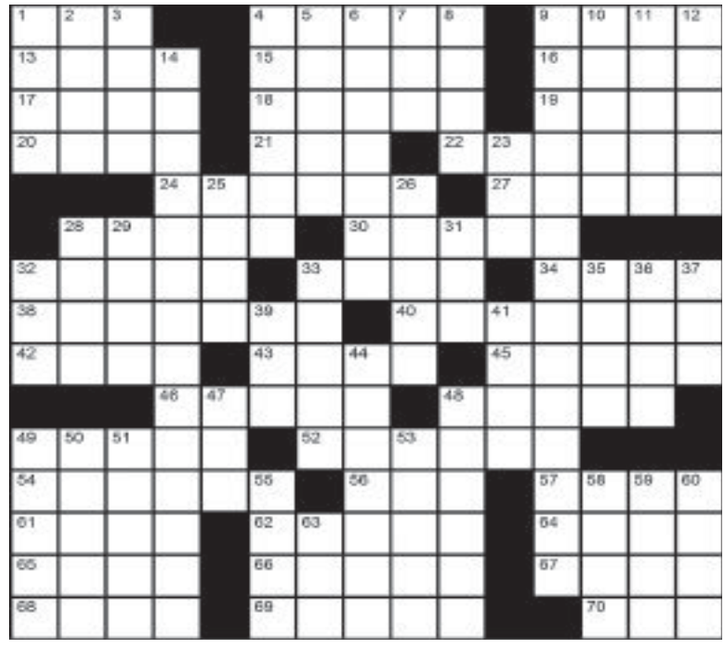
♒ Aquarius
Jan. 21 - Feb. 19
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

♓ Pisces
Feb. 20 - March 20
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

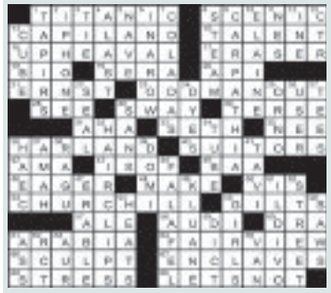
BY KELLY ANN BUCHANAN



Across
1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



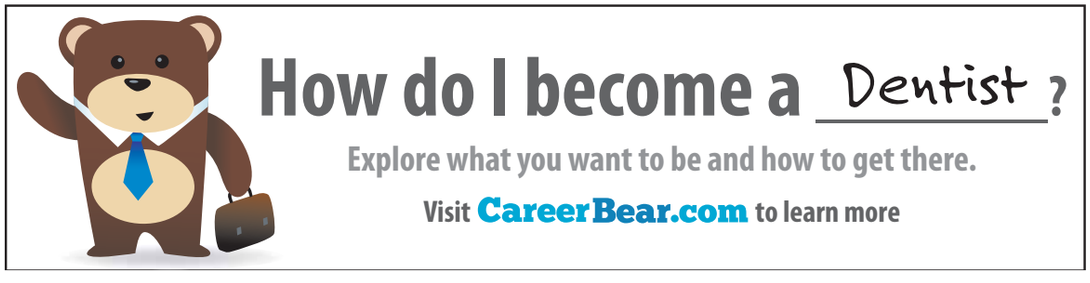
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8			4		3			
9	4						2	8
	5			8		6		
	9		8	1				7
		8				3		
4				2	5		8	
		9		5			6	
7	1						5	9
			9		8			1

Yesterday's Sudoku

2	3	1	9	7	8	4	6	5
8	7	4	3	5	6	9	1	2
6	9	5	4	1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	6	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	6
3	2	9	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	3



Original Kids Summer Camp!

Full Day Summer Camp for Ages 6 - 16!

Camp Sessions

Session 1: July 1 - July 12
Session 2: July 15 - July 26
Session 3: July 29 - August 9
Session 4: August 12 - August 23

Camp Location:

The Grounds of Huron College (Western Road)

More Information or Registration:

CAMPOK.CA

Camp Hotline: 519-679-8989
Email: boxoffice@oktc.ca

Our first camp operated out of Alma College, St. Thomas in the summer of 1992 with 72 campers in attendance. In 2013, we are operating on the grounds of Huron University College with nearly 900 campers enjoying our summer camp. CAMP OK is a safe and nurturing environment where young people can grow and flourish. It is a total theatre experience where children can blossom as performers. Theatre however is not the only aspect of CAMP OK!... We also offer lunchtime activities, water events and loads of games, but most importantly FUN.

CAMP OK! is an attitude - an atmosphere of support. It is an environment in which kids and young adults can express themselves openly. After all, **"ALL YOU NEED IS CAMP!!"**